



WE ARE CENTRAL CYCLONE SCOPE

[October 12th-16th, 2020](#)

MESSAGE FROM PRINCIPAL DeMALE:

The first part of the 2020-21 year has gone by quickly, and it has been an enjoyable time having students back at Central.

We are thankful for the many things as we reflect. Please let me share just a few them with you:

We are pleased with our students who come to CMS every day ready to learn. They provide us all a daily reminder of why we are here and what is essential.

We are grateful for the support of the parents in building an excellent community for our students. We are also thankful that our parents have kept the trust and confidence in us. They continue to leave their most valuable ones with us during these uncertain and changing times. We have parents who work hard and advocate to be a partner in their children's education, safety, and well-being. For this, we will always be so thankful.

We are grateful for the teachers, educational assistants, secretaries, support staff, and administrators who care about student success and have the best interests of our students in essence. We see dedicated and hard-working individuals going above and beyond to make sure that great things happen in our school. They do make a difference, and our students benefit from those efforts.

I would like to wish all of you and your families a healthy, relaxing and happy Thanksgiving break!

Sincerely,

Darrin DeMale
Principal



MONDAY, OCTOBER 12TH: NO SCHOOL
HAPPY THANKSGIVING!

- REMINDER TO PARENTS TO CLICK THIS LINK TO YOUR [PARENT POWERSCHOOL ACCOUNT](#) AND LOGIN TO SEE UPDATES ON YOUR STUDENT'S ASSIGNMENTS AND ASSESSMENTS.
- **P/T INTERVIEWS WILL TAKE PLACE AT THE CONCLUSION OF THE FIRST TRIMESTER. WATCH FOR MORE INFO AT THE BEGINNING OF DECEMBER!**



STUDENTS - DID YOU KNOW...



You can access your assignments on Google Classroom from any device, anywhere, anytime?
Take a moment to log in and show your parents/guardians what you're working on in class!

FRIDAY, OCTOBER 16TH CRAZY HAIR DAY!



Please click on this [LINK](#) to order your student's school photos. Contact your student's homeroom teacher if you are missing their order code!
Photo retakes will be held on Wednesday, October 28th.

HEALTHY HUNGER HOT LUNCH IS BACK!

Please click on the link to create your parent account and place your order: <https://healthyhunger.ca/>



- **The Pizza Boxx - Monday, October 26th (order deadline: October 21st)**
 - **Original Joe's - Monday, November 23rd (order deadline: November 18th)**
 - **Taco Time - Monday, December 14th (order deadline: December 9th)**
 - **Opa! - Monday, January 18th (order deadline: January 13th)**
 - **Memphis Blues BBQ - Monday, February 22 (order deadline: Feb 17th)**
 - **Chopped Leaf - Monday, March 22nd (order deadline: March 17th)**
 - **Quiznos - Monday, April 19th (order deadline: April 14th)**
 - **The Pizza Boxx - Monday, May 17th (order deadline: May 12th)**
-

ATTENDANCE:

IF YOUR STUDENT WILL BE LATE OR ABSENT, PLEASE CONTACT THE OFFICE. CLICK THIS [LINK](#) FOR THE ATTENDANCE PHONE LINE AND EMAIL ADDRESS.

WE SCARE HUNGER



CMS is starting the **We Scare Hunger** campaign next week. We are looking for non-perishable food items for the many CMS families who are in need of a little extra help. If you're able, please donate! There will be bins placed inside each doorway for you to drop off your food items as you enter the school. Bring in as many items that you can! The doorway with the most items will win a treat. *Please remember to check expiration dates*



Do you have an hour in the morning to volunteer to make toast for our Breakfast Program?

Volunteers work in a physically-distanced setting, wear PPE, and are trained in sanitization procedures. If this is something you might be interested in, please click the link for our [VOLUNTEER PACKAGE](#). If you are already screened to volunteer, please click the [VOLUNTEER SIGNUP SHEET](#) to put your name on our schedule! THANK YOU!!!

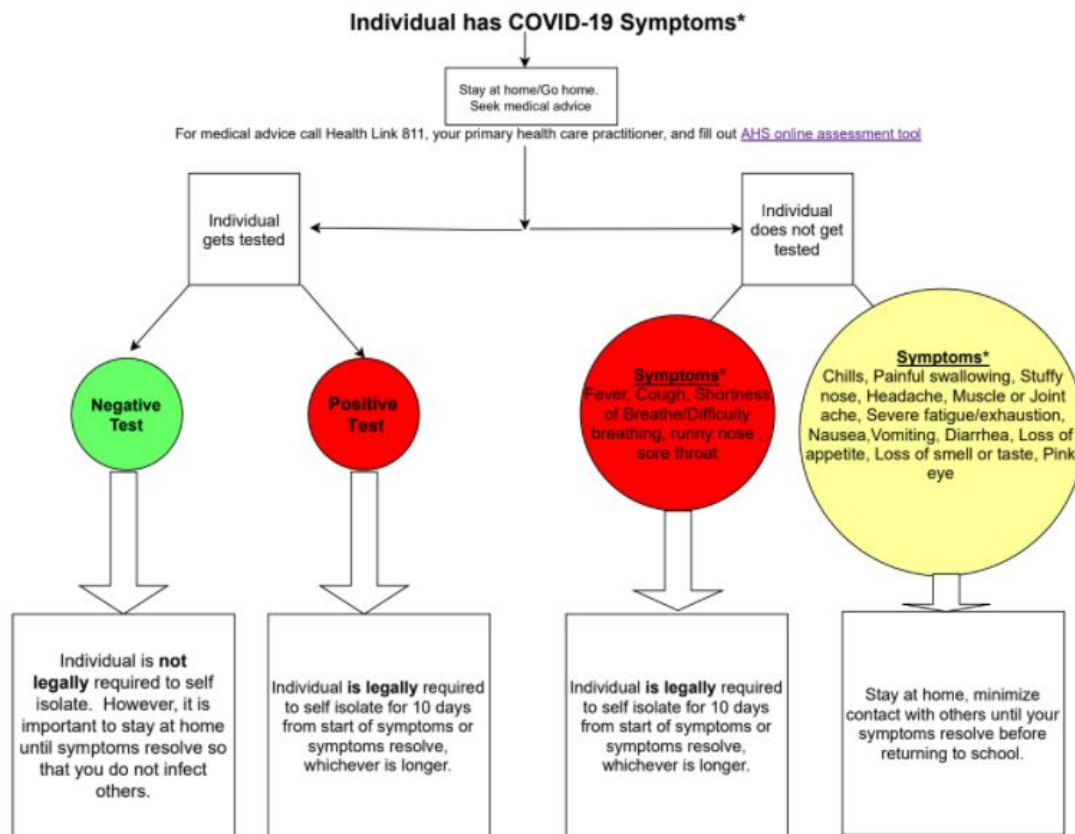
DAILY SCREENING CHECKLIST:

Please remember to complete the updated [COVID-19 Alberta Health Daily Checklist](#) with your student before they leave for school each morning.

[CLICK THIS LINK TO ACCESS THE AHS ONLINE ASSESSMENT TOOL](#)

STUDENT ILLNESS PROTOCOL:

Illness Response For Individuals With No Known Exposure To The COVID-19 Virus



*Note: If these are symptoms of a pre-existing condition and a person has tested negative to exclude these as COVID-19, then these rules do not need to be applied

Source: GOA Student Illness Sept. 3/20



SPARC
Helping Kids Grow Up Great

Do you want to help
your child thrive,
and avoid risky
behaviours?
This FREE parenting
workshop is for you!

DATE: Wednesday, October 21st

TIME: 12:15pm - 1:00pm

LOCATION: Zoom Session

TO REGISTER:
click the link above
www.sparcreddeer.ca



[Addiction and Mental Health News](#) -

Help for Back to School Stress,
September 2020

[McMan Family Resource Network](#) -

Services are available for all Albertans with children age 0-18. Click [HERE](#) for the Referral Form and [HERE](#) for more information.

[Tips to Help Your Child Be Comfortable and Confident Wearing a Mask](#)



The Dome is excited to be launching our PD Day Drop-in sessions for both Red Deer Public and Catholic School Districts!

Session Description: These sessions can be classified as structured multi-sport fun! Our in house staff and coaches will provide a low consequence, fun, educational, and encouraging environment for all who participate. Every

session will have structured games and free play built in. Pack a lunch or pre sign up for a delicious lunch from our in house Chef. If you are looking for a safe, fun, and cost effective program for your child on his/her day off from school while you are at work, look no further and sign up today!

- 3 hour sessions: 8:30-11:30 (morning) 11:30-12:30 (lunch) 12:30-3:30 (afternoon)
- Structured Rec Games and Sport Specific Games
- Age separated groups (will be separated in person)

Dates: Nov 6 - Dec 10, 11 - Jan 15 - Feb 12, 18, 19 - Mar 18, 19 - Apr 23 - May 21 - Jun 11

Single Session (\$25):

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224208>

* Lunch Package:

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224364>

Six Session Package (\$135 - 10% Discount):

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224209>

* Lunch Package:

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224367>

Twelve Session Package (\$240 - 20% Discount):

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224210>

* Lunch Package:

<https://TheDomeRedDeer.ezfacility.com/Cart/ShoppingItemsDirect?type=package&id=224368>

Counselling Corner and Resource Information

Community Connections

Big Brothers Big Sisters:

Big Brothers Big Sisters is still providing mentorship opportunities, though it looks a little different! They are offering opportunities for virtual mentorship. "With virtual mentoring their mentee will need to have access to a device and be able to spend 30 minutes to an hour a week at a scheduled time to engage with their mentor.

With the support and help with the Program Coordinator, this program allows the mentor to help their Little (mentee) in many ways like homework, social interactions, learning a new skill, and the list goes on."

Move Your Mood

Virtual 4 week program focused on mindfulness, moving and fueling your body, as well as building healthy relationships! Open to all youth aged 9 and up! The program runs in the month of November, the deadline for sign up is Oct.28! To register visit www.sparcreddeer.ca and click on Move Your Mood!

Rise Up! Teen Anxiety Group-Vantage Community Services

Runs from 4:45pm-6:45pm on Thursdays, starting Nov.05 on Zoom! For youth aged 13-17

Topics will include the ways anxiety can impact our lives, mindful strategies for coping when feeling overwhelmed, and skills to practice stopping anxiety before it starts. Our groups are facilitated by experienced psychologists.

Register today by clicking visiting: www.vantagecommunityservices.ca Call 403-340-8995 if you have any further questions.

CONNECT with the Community Liaison Worker, Kersten Johnson Monday-Friday, 8am-4pm

Call or Text: (403)350-4577

E-mail: Kersten.Johnson@rdpsd.ab.ca

If your family requires assistance to be connected to community resources, family/student support, or referrals to other services, you can call, text, or e-mail Kersten Johnson Monday-Friday from 8am-4pm.

CONNECT with the School Counsellor, Karen Sveinson, Monday-Wednesday and some Thursdays,

8:30am-3pm

Call: (403) 342-3777

E-mail: karen.sveinson@rdpsd.ab.ca